

# SAUTÉ PAN DINNERS

FOR THE SAUTÉ PAN DINNERS 5-PACK



## DIGITAL RECIPE GUIDE & GROCERY LIST

Thanks to Sauté Pan Dinners, you can prepare excellent meals more quickly, simply, and with less cleanup! This recipe guide is filled with fun, one-pan meals that are designed to speed up your weeknight meal prep time and cut down on dishwashing. Discover pre-made grocery lists, meal prep tips, and mouth-watering recipes that are both nutritious and simple to make!

# COOKWARE

Meal planning and food prep can be easy with the right tools. The **Sauté Pan** pairs perfectly with this collection, helping you to cook faster, easier, and with minimal cleanup.

## **SAUTÉ PAN:**

- A large, all-purpose pan to brown, sauté, and simmer—ideal for one-pan meals, pasta, stews, soups, and sauces.
- High sides prevent spillovers when stirring.
- Induction base works across all stovetops.
- Goes from stovetop to oven.
- Durable, non-stick ceramic coating is easy to clean and durable. PTFE and PFOA free.
- Volume: 19¼ cups. Diameter: 12"

## **CARE & STORAGE:**

- Wash before initial use.
- Dishwasher safe.
- Do not use abrasive cleansers or scouring pads.
- Pan and silicone handle are oven safe up to 450° F. Lid is oven safe up to 350° F.
- Avoid sudden temperature changes—do not put the hot lid in cold water.



# GROCERY LIST

## PRODUCE

- 4 green bell peppers (Carne Guisada)
- 4 medium potatoes:
  - 3 (Keema Curry)
  - 1 russet (Aloo Gobi)
- 1 lime (Keema Curry)
- 1 pkg (7 oz/200 g) sliced mushrooms, about 2 cups (Beef Stroganoff)
- 4 cups baby spinach (Lemon Chicken Orzo)
- 4 cups cauliflower florets (Aloo Gobi)
- 2 cups cherry tomatoes (Lemon Chicken Orzo)
- 2½ cups frozen peas:
  - 2 cups (Keema Curry)
  - ½ cup (Aloo Gobi)

## PANTRY STAPLES

- Oil:
  - 2½ tbsp (Aloo Gobi)
  - 2 tbsp (Beef Stroganoff)
  - 1 tbsp (Carne Guisada)
  - 1 tbsp (Lemon Chicken Orzo)

- 1 can (19 oz/540 ml) lentils (Aloo Gobi)
- 4 cups uncooked egg noodles (Beef Stroganoff)
- 1 cup orzo (Lemon Chicken Orzo)
- ¼ cup capers (Lemon Chicken Orzo)
- 2 tbsp tomato paste (Aloo Gobi)
- 1 tsp Worcestershire sauce (Beef Stroganoff)

## PROTEIN

- 2 lbs (900 g) cubed stewing beef (Carne Guisada)
- 2 lbs (900 g) lean ground beef:
  - 1 lb/450 g (Beef Stroganoff) | *Swap: beef strips*
  - 1 lb/450 g (Keema Curry)
- 1 lb (450 g) boneless, skinless chicken thighs (Lemon Chicken Orzo)

## DAIRY

- 3 cups plain 2% Greek yogurt
  - 2 cups (Aloo Gobi)
  - 1 cup (Beef Stroganoff) | *Swap: sour cream*
- 1 tbsp butter, preferably unsalted (Lemon Chicken Orzo)



# ALOO GOBI



TOTAL TIME: 20 min



4 SERVINGS



\$2.98 CA/\$2.53 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup steamed veggies.

## INGREDIENTS

1 medium russet potato  
4 cups cauliflower florets  
1 can (19 oz/540 ml) lentils  
2½ tbsp oil  
1 pkg **Aloo Gobi Seasoning**  
½ cup water  
2 tbsp tomato paste  
½ cup frozen peas  
2 cups plain 2% Greek yogurt  
Toppings (optional): chopped cilantro

## NUTRITIONAL INFO

**Per serving:** Calories 400, Fat 13 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 5 mg, Sodium 480 mg, Carbohydrate 49 g (Fibre 18 g, Sugars 11 g), Protein 26 g.

## INSTRUCTIONS

1. Peel and dice potato into small cubes. Place in **Multipurpose Steamer** with cauliflower. Cover and microwave on high 5–6 min, until almost tender.
2. Meanwhile, drain and rinse lentils.
3. Heat oil in **Sauté Pan** over medium-high heat. Add seasoning; stir until fragrant, 45 sec. Add cooked potatoes and cauliflower; stir to coat.
4. Add lentils, water, and tomato paste. Reduce to simmer. Cover and cook for 8–10 min, or until potatoes are tender.
5. Stir in peas; cook for 1–2 min.
6. Divide into four bowls and top each with ½ cup yogurt and chopped cilantro, if desired.

# BEEF STROGANOFF



TOTAL TIME: 15 min



6 SERVINGS



\$2.45 CA/\$2.08 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup mixed greens and ½ tbsp Epicure Salad Dressing.

## INGREDIENTS

1 pkg **Beef Stroganoff Seasoning**  
1 ¾ cups water  
2 tbsp oil  
1 lb (450 g) lean ground beef or beef strips  
2 cups sliced mushrooms  
1 cup 2% plain Greek yogurt or sour cream  
1 tsp Worcestershire sauce  
6 cups cooked egg noodles  
**Sea Salt (Grinder)**, to taste  
**Black Pepper (Grinder)**, to taste

## NUTRITIONAL INFO

**Per serving:** Calories 440, Fat 14 g (Saturated 3.5 g, Trans 0 g), Cholesterol 80 mg, Sodium 380 mg, Carbohydrate 48 g (Fibre 3 g, Sugars 3 g), Protein 28 g.

## INSTRUCTIONS

1. Combine seasoning with water. Set aside.
2. Heat oil in **Sauté Pan** over medium-high heat. Brown beef. Remove from pan.
3. Add mushrooms to pan and brown, about 4 min.
4. Return beef and any juices to pan, then stir in reserved seasoning mixture. Bring to a boil, reduce heat, and simmer for 3 min.
5. Remove from heat and stir in Greek yogurt and Worcestershire sauce.
6. Serve over cooked egg noodles. Season to taste with salt and pepper.

# CARNE GUISADA



**TOTAL TIME:** 1 ½ - 2 hrs  
(1-1 ½ hr cooking time)



**8 SERVINGS**



**\$2.06 CA/\$1.75 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice, 2 cups leafy greens, and 1 tbsp Epicure Salad Dressing.

## INGREDIENTS

1 pkg **Carne Guisada Seasoning**  
½ cup water or broth  
4 green bell peppers  
1 tbsp oil  
2 lbs (900 g) cubed stewing beef  
Topping (optional): chopped parsley

## NUTRITIONAL INFO

**Per serving:** Calories 200, Fat 8 g (Saturated 2.5 g, Trans 0 g), Cholesterol 50 mg, Sodium 360 mg, Carbohydrate 8 g (Fibre 2 g, Sugars 3 g), Protein 22 g.

## INSTRUCTIONS

1. In a bowl, whisk together seasoning and water. Chop peppers.
2. In **Sauté Pan**, heat oil over medium-high heat. Add beef and peppers; cook until beef has browned on all sides. Add reserved seasoning mixture and stir to combine.
3. Bring to a boil. Reduce heat to low and simmer, covered, for 1 hour or until beef is tender.
4. Serve over rice, with tortillas, or mashed potatoes with chopped parsley, if desired.

# LEMON CHICKEN ORZO



**TIP:** This dish will be very saucy right off the stove—the sauce will thicken as it sits.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$5.66 CA/\$4.81 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 small wholegrain bun.

## INGREDIENTS

- 1 tbsp oil
- 1 lb (450 g) boneless skinless chicken thighs
- 1 pkg **Lemon Chicken Orzo Seasoning**, divided
- 1  $\frac{3}{4}$  cups hot water
- 2 cups cherry tomatoes
- 1 cup orzo
- $\frac{1}{4}$  cup capers, drained
- 1 tbsp unsalted butter
- 4 cups baby spinach

## NUTRITIONAL INFO

**Per serving:** Calories 340, Fat 15 g (Saturated 4.5 g, Trans 0.2 g), Cholesterol 85 mg, Sodium 470 mg, Carbohydrate 23 g (Fibre 4 g, Sugars 4 g), Protein 26 g.

## INSTRUCTIONS

1. Heat oil over medium-high heat in **Sauté Pan**.
2. Season chicken thighs with 1 tbsp of seasoning. Add chicken to preheated pan; brown 2 min per side.
3. Whisk remaining seasoning with hot water.
4. To pan, add reserved seasoning mixture, cherry tomatoes, orzo, capers, and butter. Stir to combine; bring to a boil. Reduce to simmer and cover; cook 12 min or until orzo is tender.
5. Increase heat and gradually stir in spinach until wilted and sauce thickens.

# KEEMA CURRY



**TIP:** Make it vegan—swap ground beef with 1 can (19 oz/540 ml) lentils, drained and rinsed.



TOTAL TIME: 20 min



4 SERVINGS



\$2.53 CA/\$2.15 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup veggies, your choice.

## INGREDIENTS

1 pkg **Keema Curry Seasoning**  
2 cups water or broth  
3 medium potatoes, about 1 lb (450 g)  
1 lb (450 g) lean ground beef  
2 cups frozen peas  
1 lime  
Toppings (optional): lime wedges

## NUTRITIONAL INFO

**Per serving (about 1 ¾ cups):** Calories 400,  
Fat 12 g (Saturated 4.5 g, Trans 0.4 g),  
Cholesterol 60 mg, Sodium 390 mg,  
Carbohydrate 42 g (Fibre 8 g, Sugars 7 g),  
Protein 30 g.

## INSTRUCTIONS

1. In a bowl, combine seasoning and water. Set aside.
2. Cut potatoes into small cubes; you should have about 4 cups.
3. Place potatoes in **Multipurpose** or **Round Steamer**. Cover; microwave on high, 6–8 min, or until tender.
4. Meanwhile, brown beef in **Sauté Pan** over medium-high heat. Stir in reserved seasoning mixture. Bring to a boil; stir in peas and potatoes. Simmer 5 min or until heated through.
5. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from lime. Serve with extra lime wedges, if desired.